

GEORGE FOREMAN®



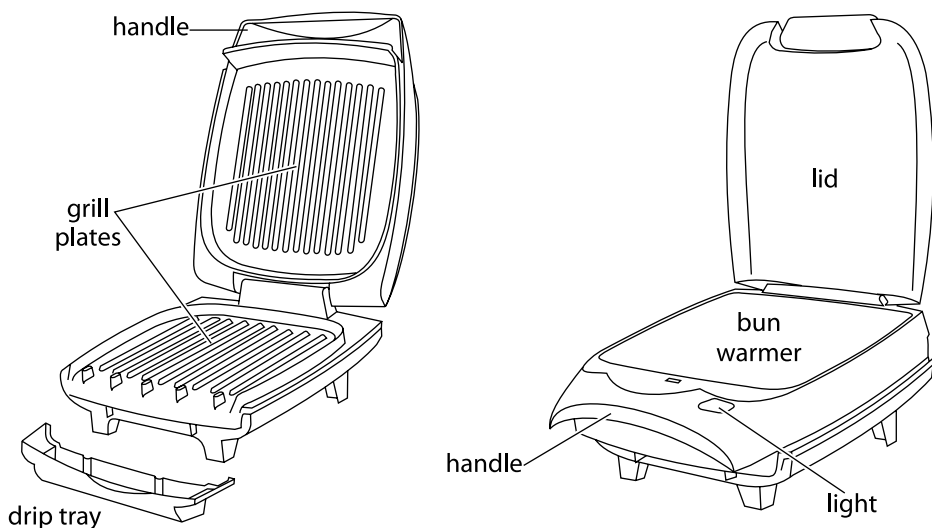
**LEAN
MEAN
FAT REDUCING
GRILLING
MACHINE**

George Foreman



instructions





Read the instructions, keep them safe, pass them on if you pass on the grill. Remove all packing – keep it till you know the grill works.

important safeguards

Follow basic safety precautions, including:

- 1 The grill must only be used by or under the supervision of a responsible adult.
- 2 Don't put the grill in liquid, don't use it in a bathroom, near water, or outdoors.
- 3 Some parts aren't as hot as others, but they're all hot. Don't touch – use oven gloves or a folded towel.
- 4 Bread, oil, and other foods may burn. Don't use the grill near or below curtains or other combustible materials, and watch it while in use.
- 5 Sit the grill on a stable, level, heat-resistant surface.
- 6 Route the cable so it doesn't overhang, and can't be caught or tripped over.
- 7 This grill must not be operated by an external timer or remote control system.
- 8 Don't wrap food in plastic film, polythene bags, or metal foil. You'll damage the grill and you may cause a fire hazard.
- 9 Cook meat, poultry, and derivatives (mince, burgers, etc.) till the juices run clear. Cook fish till the flesh is opaque throughout.
- 10 Don't use tools that might damage the non-stick surfaces.
- 11 Keep the grill and cable away from hotplates, hobs or burners.
- 12 Unplug the grill after use, before moving and before cleaning.
- 13 Don't use the grill for any purpose other than cooking food.
- 14 Don't use the grill if it's damaged or malfunctions.
- 15 If the cable is damaged, return the grill, to avoid hazard.



household use only

before using for the first time

Wipe the grill plates with a damp cloth.

preparation

- 1 Prepare any garnish (cheese, tomato, etc.), and split your buns.
- 2 Centre the drip tray under the front of the grill, to catch run-off.
- 3 Wipe the grill plates with a little cooking oil or butter, then close it. Don't use low fat spread – it may burn on to the grill.

preheat

- 4 Put the plug into the power socket.
- 5 The light will cycle on and off as the thermostat operates to maintain the temperature. When it goes off, the grill is ready.

warm the buns

- 6 Lift the lid, lay the buns on the bun warmer, and close the lid.
- 7 Don't try to use the bun warmer to cook food – it won't.

fill the grill

- 8 When the light goes off, use an oven glove to open the grill.
- 9 Lay the food on the bottom grill plate with a spatula or tongs, not fingers.
- 10 Close the grill. The hinge is articulated to cope with thick or oddly shaped foods.
- 11 The grill plates should be roughly parallel, to avoid uneven cooking.
- 12 Wait while the food cooks.

remove the food

- 13 Check that the food is cooked. If you're in any doubt, cook it a bit more.
- 14 Use the oven glove to open the grill.
- 15 Use wooden or plastic tools to remove the food.

remove the buns

- 16 Lift the lid, take the buns off the bun warmer, and close the lid.

finished?

- 17 Unplug the grill.

more?

- 18 Put on the oven glove, empty the drip tray into a heatproof bowl, give it a wipe, and replace it under the front of the grill.

care and maintenance

- 1 Unplug the grill. Let it cool before cleaning and storing away.
- 2 Wipe all surfaces with a damp cloth or sponge. Use a paper towel with a dab of cooking oil to remove stubborn stains.
- 3 Wash the drip tray in warm soapy water, or in the top rack of the dishwasher.
- 4 Take extra care with the non-stick surfaces.
- 5 Don't put the grill in water or any other liquid.
- 6 Don't use harsh or abrasive cleaners, solvents, scourers, wire wool, or soap pads.

cooking times & food safety

Use these times purely as a guide. They're for fresh or fully defrosted food. When cooking frozen foods, add 2-3 minutes for seafood, and 3-6 minutes for meat and poultry, depending on the thickness and density of the food.

Check food is cooked through before serving. If in doubt, cook it a bit more.

Cook meat, poultry, and any derivatives (mince, burgers, etc.) till the juices run clear.

Cook fish till the flesh is opaque throughout.

When cooking pre-packed foods, follow any guidelines on the package or label.

beef	min	lamb	min
fillet	5-7	kebabs, 25mm cube	7-8
loin steak	7-8	minced	6-7
burger, 50g	5-6	loin chops	4-6
burger, 100g	7-8	sandwiches	
burger, 200g	8-9	cheese	2-3
kebabs, 25mm cube	7-8	ham (cooked)	5-6
round steak	5-7	roast beef (cooked)	6-7
sausages (thin)	5-6	sausage (cooked)	6-7
sausages (thick)	7-8	turkey (cooked)	6-7
sirloin	7-9	seafood	
T-Bone	8-9	halibut steak, 12-25mm	6-8
fruit		kebabs, 25mm cube	4-6
apple, halve/slice	6-8	prawn	1-2
bananas, slice lengthwise	3-4	red snapper fillet	3-5
nectarines, halve/slice	3-5	salmon fillet	3-4
peaches, halve/slice	3-5	salmon steak, 12-25mm	6-8
pineapple, slice	3-7	scallops	4-6
pork		sea bass fillet	3-5
chops, 12mm	5-6	swordfish steak, 12-25mm	6-9
gammon steak	5-6	tuna steak, 12-25mm	6-8
kebabs, 25mm cube	7-8	snacks	
minced	7-8	calzone	8-9
sausages (thin)	5-6	hot dogs	2-3
sausages (thick)	7-8	quesadillas	2-3
tenderloin, 12mm	4-6	tacos, meat filling	6-8
chicken/turkey		vegetables	
chicken breast pieces	5-7	asparagus	3-4
burger, 50g, fresh	4	carrots, sliced	5-7
burger, 50g, frozen	5	aubergine, slice/cube	8-9
burger, 100g, fresh	5	onions, thin slice	5-6
burger, 100g, frozen	6	peppers, thin slice	6-8
kebabs, 25mm cube	7-8	peppers, grill then skin	2-3
thighs (chicken)	5-7	whole peppers brushed with oil	8
minced	7-8	potatoes, slice/cube	7-9
turkey breast, thin sliced	3-4	squash, slice/cube	6-8

a few simple recipes to get you started

cilantro also known as leaf or herb coriander. Some may not like its pungent, assertive flavour. You can substitute parsley or your favourite herb, but you'll lose some of the vibrancy of the dish.

weights for 250g, use ½lb; for 375g, use ¾lb; for 500g, use 1lb

the Champ's sausage without guilt

Start your day with a sizzling sausage patty that doesn't just taste good – it's low in fat, low in cholesterol and high in niacin – a healthier option than bacon and eggs. This moist, flavourful sausage, served on wholemeal toast, makes the complete breakfast. Use minced turkey breast. It's lower in fat than turkey containing dark meat and skin. Turkey, especially the light meat, is a good source of niacin, an important B vitamin needed to maintain a healthy nervous system.

- 1 lightly beaten egg white
- 1 small finely chopped onion
- 1 finely chopped fresh red Delicious apple
- 4 tbsp seasoned breadcrumbs
- 2 tbsp finely chopped fresh parsley
- ½ tsp sea salt
- ½ tsp dried sage
- ¼ tsp ground nutmeg
- ¼ tsp black pepper
- pinch cayenne pepper
- 250g (½ lb) lean minced turkey breast
- In a medium size mixing bowl, combine the egg white, onion, apple, breadcrumbs, parsley, salt, sage, nutmeg, black pepper, and cayenne pepper. Add the turkey and mix well.
- Shape the mixture into eight or nine 5 cm (2") wide patties.
- Preheat the grill and place the patties on the grill four at a time. Cook for 5 minutes or until the meat is no longer pink and the juices run clear, turning once or twice.
- Yield: 8-9 patties

This recipe is from The Healthy Gourmet (Clarkson Potter) by Cherie Calbom.

rosemary lamb chops

- 4 lamb chops, shoulder or loin
- 2 tsp fresh chopped rosemary (or ½ tsp dried)
- freshly ground black pepper to taste
- Coat the chops with rosemary and pepper.
- Preheat the grill for 3-5 minutes.
- Close the lid and cook for 5 minutes for medium (a hint of pink in the middle) or 7 minutes for well done.
- Serve immediately
- Yield: serves 4

George's sausage Texas style

A spicy sausage with true Southwestern zip! These breakfast sausages are great served with a sautéed vegetable or fresh salsa and scrambled egg. Buy lean minced beef for the least-fat sausage.

- 1 lightly beaten egg white
- 1 small finely chopped onion
- 4 tbsp seasoned breadcrumbs
- 2 diced green chilli peppers
- 1 clove (large) garlic, crushed
- 2 tbsp finely chopped fresh cilantro
- 1 tbsp cider vinegar
- 1½ tsp chilli powder
- ¼ tsp sea salt
- pinch cayenne pepper
- 250g (½ lb) lean minced beef
- In a medium-size mixing bowl, combine the egg white, onion, breadcrumbs, chilli peppers, garlic, cilantro, vinegar, chilli powder, salt and cayenne pepper. Add the ground beef and mix well.
- Shape the mixture into eight 7.5cm (3") wide patties.
- Preheat the grill for 3-5 minutes and place the patties on the grill four at a time.
- Cook for 5 minutes or until the meat is no longer pink and the juices run clear, turning once or twice.
- Yield: 8 patties

This recipe is from The Healthy Gourmet (Clarkson Potter) by Cherie Calbom.

grilled vegetables

- 6 slices aubergine, 1cm (½") thick (or use 2 baby aubergines)
- 2 small onions, sliced 1cm (½") thick
- 2 small tomatoes, diced
- 1 small courgette, sliced
- 4 large cloves of garlic, peeled and sliced
- 4-6 mushrooms, sliced
- 1 tsp olive oil (optional)
- Preheat the grill for 3-5 minutes. At this time, also spread on olive oil if desired.
- Add the sliced aubergine and garlic, cover and cook 3 minutes.
- Add the sliced of onion, courgette, and mushrooms. Cover and cook 3-5 minutes.
- Remove the aubergine, courgette and mushroom slices to a plate.
- Add tomatoes to the onion and garlic. Cover and cook for one minute.
- Remove and serve over the aubergine, courgette, and mushrooms.
- Yield: serves 2-4

Serve as an accompaniment to meat and pasta, or stuff them into a piece of pitta or French bread, for a grilled vegetable sandwich.

George Foreman's PowerBurger

A flavourful hamburger that we think tastes even better than its all-meat cousin! It pays to eat meals that minimise meat. To reduce saturated fat in a typical burger, you can cut back on the amount of meat and make up for it with plant-based ingredients. In this recipe, breadcrumbs and chopped vegetables have been added. You could also try cooked rice, other grains or cereal. In addition, choose wholewheat buns; they typically contain one gram less of fat than regular or even reduce-calorie buns.

If you settle for nothing less than a cheeseburger, Swiss cheese is generally lower in fat than Cheddar. Alternatively, use reduced fat cheese (with roughly half the fat content). Mustard contains less than a tenth of the fat of mayonnaise.

Top your burger in healthful style with dark, leafy, green lettuce, shredded cabbage, fresh cilantro, basil or spinach.

4 tbsp chopped vegetables – onion, courgette, parsley, etc. (these can be sautéed)

4 tbsp seasoned breadcrumbs

375g (¾lb) lean minced beef

- In a medium-size mixing bowl, combine the vegetables and breadcrumbs. Add the minced beef and mix well.
- Shape the mixture into 10cm (4") wide patties.
- Preheat the grill for 3-5 minutes and place the patties on the grill four at a time.
- Cook for 5-6 minutes or until the meat is no longer pink and the juices run clear, turning once.
- Yield: serves 4

This recipe is from The Healthy Gourmet (Clarkson Potter) by Cherie Calbom.

mustard lemon chicken breasts

4 chicken breasts, boned, skinned, and halved (8 pieces)

2 cloves garlic, minced

2 tbsp mustard

2 tbsp balsamic vinegar

3 tbsp lemon juice

1 tsp paprika

- Preheat the grill for 3-5 minutes.
- Combine the mustard, vinegar, lemon juice, garlic and paprika
- Add the chicken breast and let it marinate for at least ½ hour.
- Place marinated chicken on the grill and close the lid. Leave until fully cooked (about 10 minutes)
- Remove and serve
- Yield: serves 4

carne asada

8 1cm strips tenderloin steak

2 tbsp juice or 1 squeezed lime

salt and pepper to taste

- Season the tenderloin, and cook for 3 minutes.
- Serve with warm flour tortillas and any of your favourite toppings.
- Yield: serves 4

strip steak Polynesian

4 pieces quick frying steak
4 tbsp soy sauce
2 cloves garlic, crushed
2 tsp honey

- Combine the soy sauce, garlic and honey
- Marinate the steak in the mixture for about an hour in the fridge.
- Preheat the grill for 3-5 minutes.
- Place the marinated steak on to the grill.
- Cook for 3 minutes, open the grill, and pour the rest of the marinade sauce over the steaks.
- Cook for 1 minute more, then serve on a bed of rice.
- Yield: serves 4

burritos

1 small onions, chopped
1 clove garlic, crushed
250g (½lb) minced beef or chopped chicken
½ can/jar red chilli sauce
½ tsp salt
½ tsp ground cinnamon & cumin (mixed)

- Preheat the grill for 3-5 minutes.
- Add the onions and garlic and sauté for 1 minute.
- Add the mince/chicken and cook for 3 minutes or until cooked through.
- Add the red chilli sauce and seasoning until mixed through and hot.
- Remove from the grill.
- Yield: makes 4 burritos

Roll into warmed flour tortillas and top with your choice of guacamole, sour cream, or grated cheese.

tacos

300g minced beef/turkey
2 crisp corn taco shells
1 small onion, chopped
1 clove garlic, minced
½ tsp oregano leaves & paprika
1 tsp chili power
2 tbsp taco sauce
1 tsp Worcestershire® sauce
½ tsp each dried rosemary, ground cumin, and pepper

- Cook the onion, mince, seasonings and garlic for 3 minutes or till the meat is cooked through and the onions are tender.
- Add taco sauce and Worcestershire sauce, and cook till hot.
- Fill the shells with meat and your choice of: tomatoes, lettuce, onion, diced tomatoes, grated cheese, guacamole, sour cream.
- Yield: makes 2 tacos

sole with tomatoes

250g (½lb) fillet of sole (or any white fish fillet)

1 small onion, diced

1 clove garlic, crushed

1 small tomato, chopped

2 tsp olive oil or red wine (optional)

1 tbsp lemon juice

1 tbsp fresh basil (or ¼ tsp dried), chopped

½ tbsp fresh parsley, chopped

freshly ground black pepper

- Preheat the grill for 3-5 minutes.
- Sauté the onion and garlic in the oil or wine for 2 minutes, stirring occasionally.
- Add the tomato, half of the herbs and a few grinds of pepper. Lay the fish on top, add the lemon juice and remaining herbs.
- Close the lid and cook for 2-3 minutes.
- Lift the fish and vegetables on to a plate. Any juices in the drip tray may be poured on top of the fillet.
- Serve with fresh bread or rice.
- Yield: serves 2

notes

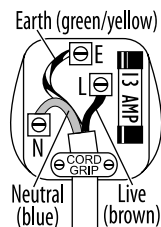
notes

connection

The product must be earthed. It has a 13A BS1362 fuse in a 13A BS1363 plug. To replace the plug, fit the green/yellow wire to ⊕ or E, the blue wire to N, and the brown wire to L. Fit the cord grip.

If in doubt, call an electrician.

Don't use a non-rewireable/moulded plug unless the fuse cover is in place. If you remove the plug, dispose of it.



service

The product isn't user-serviceable. If it's not working, read the instructions, check the plug fuse and main fuse/circuit breaker. If it's still not working, consult your retailer. If that doesn't solve the problem:

Pack carefully, with a note of your name, address, day phone number, and what's wrong. If under guarantee, say where and when purchased, and include proof of purchase (till receipt). Send it to Customer Returns (address below right). They'll give you an estimate for inspection/repair.

Customer Service

(correspondence only)

Salton Europe Ltd

Failsworth

Manchester

M35 0HS

Customer Returns

Salton Europe Ltd

Heath Mill Road

Wombourne

Wolverhampton

WV5 8AQ

Customer Service (service@saltoneurope.com)

telephone 0845 658 9700 (local rate number)

guarantee

Defects affecting product functionality appearing within one year of purchase will be corrected by replacement or repair provided the product is used and maintained in accordance with the instructions. Your statutory rights are not affected.

Documentation, packaging, and product specifications may change without notice.

online

Hit www.georgeforemangrills.co.uk for more products.